

# 2012

## RULE BOOK



**Everyone is a Winner!**  
**April 30 - June 2**

**Friendly Competition**  
**For Active Adults 50+**  
**18 Different Events**  
**Compete in Your Age Bracket**

**Information: 775-689-8484**  
**[www.cityofreno.com](http://www.cityofreno.com)**



# Sierra Nevada Senior Games 2012 Rule Book

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# **WELCOME TO SIERRA NEVADA SENIOR GAMES!**

Welcome to seventeen days of celebrating fitness and fun!

Rolling into its twelfth year, Sierra Nevada Senior Games has become a popular athletic event for Seniors 50+ of the Truckee Meadows and out lying neighboring states. Organized by the City of Reno, this Olympic-style event encompasses a variety of sports/events that take place both indoors and out.

The games are designed to encourage and promote an interest in wellness and sportsmanship through friendly competition for every fitness level.

**Sierra Nevada Senior Games** are patterned after the Senior Games that take place across the United States. The goals are to maintain and improve the health and wellness of adults 50+ years young through recreational opportunities, friendly competition, fitness and fun. This hearty fellowship also promotes the positive public image of seniors. For more information on the Sierra Nevada Senior Games, please contact the Loretta Fox at City of Reno at 689-8484.

## **PARTICIPANT ELIGIBILITY:**

Men and women, 50 years plus by December 31, 2011. The Games are open to all those meeting the age requirement, regardless of state of residence. For team and doubles competitors, the age of the youngest player on the team determines the category in which you must play. Persons not complying with the details of the registration requirements may be denied entry to the games.

## **AGE GROUPS:**

Your age governs play categories in most events except where noted otherwise. Age groups are as follows: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+. Only participants whose registration and fees with a signed waiver will be permitted to compete. All partners/team members must be listed on the registration form and be a registered participant.

## **REGISTRATION FEES:**

The fees are as follows: \$25 includes all sports.

## **TEAMS:**

For team members, please list the name of the team members in the appropriate space. If you have not listed a partner or team, you will be assigned to a team.

## **CANCELLATION:**

Sierra Nevada Senior Games reserves the right to cancel an event(s) for lack of registrants, weather or to combine age groups and male and female

## **CHECK-IN AND FORFEIT:**

Check-in with coordinator at the correct venue 30 minutes before your event.

## **DRESS:**

All athletes must wear appropriate athletic attire. Please wear your Sierra Nevada Senior Games T-Shirt when possible. We will photograph throughout the event and athletes exhibiting our colors and our sponsors' logos will add to the spirit of the games. Other items that should be brought to events are water & sunscreen.

**CONCESSIONS:**

Concessions may be available at some events. Food and beverages will not be allowed indoors except in designated areas. ALCOHOLIC BEVERAGES ARE PROHIBITED INSIDE SOME INDOOR FACILITIES AND ON ALL WASHOE COUNTY SCHOOL DISTRICT PROPERTY AND CITY OF RENO FACILITIES.

**SMOKING:**

Smoking is not permitted at any event venue except in designated areas.

**AWARDS:**

Gold, Silver and Bronze medals will be awarded to the first three finishers in each event, for each age category.

**TIES:**

In the event of a tie; ties **will not** be broken and a medal will be given to each qualified person.

**RULES:**

All rules in this handbook are subject to change as deemed necessary by Sierra Nevada Senior Games Event Coordinators.

**RESULTS:**

While every effort will be made to provide/post results immediately following an event, in order to ensure accuracy some events may require additional time.

All other interested parties may browse the web site daily for announcements, results from prior events, team standings, and much more!

<http://www.reno.gov>

**SPONSORSHIPS:**

Sierra Nevada Senior Games is made possible and participant fees kept low, thanks to the support of community minded sponsor companies. Without the financial and in-kind support of our sponsors, Sierra Nevada Senior Games simply would not happen! Sponsor names will be on our banners, the web site, and other printed materials such as this handbook. Please let the sponsors know Sierra Nevada Senior Games appreciates their support by taking advantage of the special offers or telling them you value their sponsorship. This will help ensure their continued involvement and the success of Sierra Nevada Senior Games.

If you would like to become a sponsor, please contact us at 689-8484

# SIERRA NEVADA SENIOR GAMES 2012

APRIL 30 – JUNE 2, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 11 am Opening Ceremonies	1	2 6 pm Basketball Skills	3 9 am Walk Race	4	5 9 am Fitness  10 am Weightlifting
6 2 pm Spring, Swing, Fling	7	8 10 am Swimming	9 9 am Speed Golf	10	11	12 12:30 pm Table Tennis
13  <b>Mother's Day</b>	14	15 10 am Swimming	16	17 9 am Pickleball	18	19 9am Bocce Ball
20 10 am Track & Field	21 1 pm Baggo	22 11 am Miniature Golf	23 1 pm Bowling	24 1 pm Nine Ball	25	26  <b>Memorial Day Weekend</b>
27  <b>Memorial Day Weekend</b>	28  <b>Memorial Day</b>	29	30	31 11 am Go Kart Road Race	1	2 1 pm Closing Ceremony
<b>Location:</b> Opening Ceremonies Baggo Basketball Skills Bocce Ball Bowling Fitness Go Kart Road Race Miniature Golf 9 Ball Pickle Ball Speed Golf Spring, Swing, Fling, Swimming Table Tennis Track & Field Walk Race Weightlifting Closing Ceremonies		Neil Road Recreation Center Neil Road Recreation Center Evelyn Mount Northeast Comm. Center Toscana at D'Andrea High Sierra Lanes Toscana at D'Andrea Ultimate Rush Park Ultimate Rush Park Diamond Billiards Neil Road Recreation Center Somerset County Club Neil Road Recreation Center Evelyn Mount Northeast Comm. Center South Reno Athletic Club Bishop Manogue High School Teglia's Paradise Park Activity Center Toscana at D'Andrea Cascade of the Sierras			3925 Neil Road 3925 Neil Road 1301 Valley Road 2201 Meritage Drive 3390 S. Virginia St. 2201 Meritage Drive 2500 E. 2 <sup>nd</sup> St. 2500 E. 2 <sup>nd</sup> St. 5890 S. Virginia Street 3925 Neil Road 2019 Championship Lane 3925 Neil Road 1301 Valley Road 9393 Gateway Dr 110 Bishop Manogue Dr 2745 Elementary Drive 2201 Meritage Drive 275 Neighborhood Way, Span Sprg	

## **SPORTS RULES:**

The sport rules described have been established for the events in the Sierra Nevada Senior Games. The rules for each event are based on the rules of the recognized governing body for the sport, when appropriate

## **Opening Ceremonies**

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**DATE:** Monday, April 30, 2012

**TIME:** 11 am

**LOCATION:** Neil Road Recreation Center, 3925 Neil Road

The City of Reno Senior Citizen Advisory Committee and the Parks, Recreation & community Services Department invite you to the Older Americans Month and Sierra Nevada Senior Games kickoff celebration. This year's theme is "Never Too Old To Play" and Older Americans Month brochures will be on hand so you can see the complete schedule of activities and events that will help you stay connected within our local community!

Come and enjoy live entertainment beginning at 11:30 a.m. and enjoy a delicious lunch provided by the City of Reno. RSVP's are required for lunch; Drop-ins cannot be accommodated.

Special events for Older Americans Month are created through collaborations with Washoe County Senior Services, Incline Village General Improvement District, City of Reno and many other partners.

## **Closing Ceremonies**

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**DATE:** Saturday, June 2, 2012

**TIME:** 1 pm

**LOCATION:** Cascades of the Sierras, 275 Neighborhood Way, Spanish Springs

Join us as we celebrate the completion of the 2012 Sierra Nevada Senior Games and Older Americans Month Activities. This is an opportunity to recognize and thank the many volunteers who helped make these events a success. Drawing for raffle prizes for those who submitted an OAM Activity Passport will be held. Luncheon is provided by Cascades of the Sierras a Sierra Nevada Senior Games Sponsor.

## **Baggo**

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**DATE:** Monday, May 21, 2012

**TIME:** 1 pm

**LOCATION:** Neil Road Recreation Center – 3925 Neil Road, Reno

### **RULES:**

Number of players 2-4 (singles or doubles)

Tournament distance between Foot Foul Edges is set at 20 feet.

If playing as doubles, team partners face each other from opposite sides of each board.

Each team plays with 4 colored bags.

Scores are tallied after all 8 bags have been thrown.

The last team to score on the previous round tosses first in the next round.

If interference occurs, take a redo toss.

Opponents may call a Foot Foul and it must be recognized.

Losing team has first choice of which side to throw from on the next game.

Refrain from talking & physically creating interference while the opposing team is throwing & show respect.

**SCORING:**

The winner is the first team to reach 21 points or more.

In the hole gets you 3 points “BAGGO!”.

On the board is 1 point “Ace”

Score is the result of the difference between the two team’s bags.

Bags can be pushed in by other bags and count as a BAGGO.

The game is over if the score reaches 11 to Zero “SKUNK”.

If a bag touches the ground or is not clearly on the board in any way, the bag does not count towards any scoring.

Example:

1 Round played,

Team #1 has 2 bags on the board (2 points) and Team #2 has only one in the hole (3 points), Team #2 would win the round by 1 point.

\*Rules and regulations taken from Baggo: The Official Bag Toss Game website.

**Basketball Skills**

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**DATE:** Wednesday, May 2, 2012

**TIME:** 6 pm

**LOCATION:** Evelyn Mount Northeast Community Center, 1301 Valley Road

**GENERAL RULES:**

- Warm-ups: All warm-up shots must be taken prior to the beginning of the event. No warm-up shots will be allowed after scoring has begun.
- Players must use the official basketball provided. Players may not use their own balls.

**RULES:**

This event will be held in three phases:

Phase 1 – Free Throw

15 Shots

Each participant has fifteen shots from the free throw line. Each basket made will count as one point.

Phase 2 – Three Point Shootout

5 Spots, 5 Shots in each spot – Total – 25 Shots

Each participant will pick a spot from the 3 point line and take 5 shots from that spot. This is done 5 times for a total of 25 shots.

Phase 3 – Around the World

Timed: 3 minutes

Each participant will have a three minute period, during which as many attempts as possible will be as follows;

1. One attempt may be made from half court for twenty-five (25) points if shot is made.
2. As many attempts as desired may be made from the three point line during the three minute period for three (3) points for each shot made.
3. As many attempts as desired may be made between a ten foot arc and the point line during the three minute period for two (2) points for each shot made.
4. Two lay ups may be made from each side of the basket from inside the five foot arc for 1 point for each basket made for a maximum of four (4) points for lay ups.

Medals will be awarded to participants for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place based upon total points scored and age brackets.

# Bocce Ball

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**DATE: Pairs:** Saturday, May 19, 2012

**TIME:** 9 am

**LOCATION:** Toscana at D'Andrea – 2201 Meritage Drive

## **RULES:**

The Play:

1. The players gather at a spot in the playing field and the team controlling the Pallino throws, rolls, etc the Pallino some distance thus creating the first target. It is recommended that the Pallino be thrown not more than 30 meters or less than 5 meters, though this is not a hard-fast rule. It is the at the discretion of the owner of the equipment to disallow the throwing of the Pallino onto or over roads, sidewalks, creeks, etc to prevent possible damage to the equipment. This should be made clear at the start of a game.
2. The Pallino controlling team throws, rolls, etc their first Bocce ball attempting to land it in its final resting position as near to the Pallino as possible.
3. The next team in points order among the teams that have not yet played throws their Bocce balls until they have a ball nearer to the Pallino than any other opponent ball so far played or they have used all their team's Bocce balls.
4. The next team in points order among the teams that have not yet played now follows suit and so on until all teams have played at least one Bocce ball.
5. When all teams have thrown at least one ball and the last team has either landed a shot closer to the Pallino than all others or has run out of Bocce balls then, the order of play for the remaining balls is determined as follows.
6. The next team to play is always the team with the highest current points total among the teams who still have balls available for play. This team plays balls until they have the closest Bocce to the Pallino or they have run out of balls, at which time the next team in this succession proceeds.
7. Should only one team have balls left to play they will continue to play Bocce balls until all have been spent regardless of proximity to the Pallino.
8. The round is over once all balls are played.
9. The next round begins from the location of the previous Pallino.

Legal plays: A player may throw spin, toss, roll, bounce or otherwise propel their Bocce ball in any manner, provided that it is done with one hand and in a manner that will not be purposefully damaging to the Bocce equipment or playing field.

A player may use his Bocce to knock opponent's Bocce balls out of place.

A player may use his Bocce to knock his own Bocce balls into a more advantageous location.

A player may use his Bocce to knock the Pallino to a new location.

All plays must be made from the same location that the Pallino was thrown from.

The Pallino must be thrown in a manner that all players can witness the toss.

A referee may be used to determine which Bocce ball is closest to the Pallino at any time during play. It is suggested that the referee have a length of string which can be used for quick measurement comparisons. The official distance between the Pallino and Bocce is the shortest line which can be drawn between the balls. Any disputes should be settled with RSP Democracy among disputing teams with each team in the dispute getting one vote. A member of the third or fourth team should not settle disputes between two opponent teams.

Scoring: The team with the closest Bocce ball to the Pallino scores one point for each ball which is closer than all other opponent Bocce balls in play. Only one team may score on any given round. The winner is the team which reaches 20 points first.



## Bowling

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**DATE:** Wednesday, May 23, 2012

**TIME:** 1 pm

**LOCATION:** High Sierra Lanes

### **TEAM REQUIREMENTS:**

A teams will consist of four bowlers: two women and two men. You must have two women and two men to start.

### **RULES:**

1. All Teams will begin at 1:00 p.m. CHECK-IN WILL BE 30 MINUTES PRIOR TO SCHEDULED START TIME.
2. This is a team and individual competition. Medals will be awarded for individual scores. For teams, the scores of the four bowlers will apply to total team pins.
3. Teams will bowl three games. All are scratch games; there is no handicapping. This event will follow standard American Tenpin rules and regulations.
4. In the event of a tie in the total team score, the high team game will be used as the tie breaker. In the event of another tie, the highest team game first bowled will be the tie breaker.
5. **Bowlers are responsible for their own shoes and bowling balls. Shoes will be available to rent at the Coconut Bowl and balls are available for use at Coconut Bowl.**
6. Good sportsmanship and bowling etiquette is expected of participants and cheering sections. A second warning of unsportsmanlike conduct from the Event Coordinator may result in the team being disqualified from the event. If your team is not ready to bowl by your designated start time, you will be forfeited from the event. You must bowl at your assigned times--NO EXCEPTIONS.
7. No practice times or facilities will be provided. It is the responsibility of each team to make their own arrangements for bowl-offs and/or practicing.

## Fitness and Weightlifting

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**DATE:** Saturday, May 5, 2012

**TIME:** Fitness – 9 am, Weightlifting – 10 am

**LOCATION:** Toscana at D'Andrea-2201 Meritage Drive, Sparks

### **RULES:**

#### **Weightlifting:**

**Awards will be given in age and weight categories.**

#### **Weight categories are as follows:**

123.5 - 136.7 lbs

136.7 - 152.1 lbs

152.1 - 169.8 lbs

169.8 -187.4 lbs

187.4 -207.2 lbs

207.2 - 231.5 lbs

#### **Bench Press**

When ready to start the press, bring the bar to your chest and hesitate for one count, then press the bar and lock out. Wait for command to rack the bar.

1. Feet must be flat on the floor.
2. Head, shoulder and bottom must be on bench.
3. Hand off is optional.

## **Dead Lift**

Grip the bar in one continuous move, pulling the bar to your waist. Hold the bar until the command to lower to the floor.

## **Fitness:**

Repeat the following exercises as many times as possible in a 1 minute period.

1. Leg Rowing: Starting position, lying on floor pad with hands to your side on the floor. Raise knees to your waistline then extend your legs without resting.
2. Jumping Jacks: Starting standing erect with both feet together and arms at your side. Jump and land with both feet beyond shoulder width apart. Bring hands together over head then return to starting position.
3. Lunges: Standing with hands on hips step forward and bend both knees in a dipping fashion, then return to upright position.
4. Push-ups: Start lying on floor with hands shoulder width apart with toes on the floor, elbows back and knees straight. Lower chest bending elbows, then extend arms back to starting position.
5. Bent Knee Push-ups: Start lying on the floor on your back. Bend both knees keeping both feet flat on the floor, arms folded across the chest. Raise back forward, then return to starting position.
6. Shoulder/arm rotation: Start standing, extending arms to the side, then rotate in a circular motion with a one foot wide circle.

## **Go Kart Road Race**

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**DATE:** Tuesday May 31, 2012

**TIME:** 11 am

**LOCATION:** Ultimate Rush Park

**RULES:** TBA

## **Miniature Golf**

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**DATE:** Tuesday May 22, 2012

**TIME:** 11 am

**LOCATION:** Ultimate Rush Park

**RULES:**

The game of mini golf consist of playing a ball from the tee into the hole by a stroke or successive strokes in accordance with the rules.

1. Maximum group size- No more than 6 players.
2. Tee Off- All players hit their first shot, then the person with their ball closest to the cup putts next.
3. Stroke limit- After 5 strokes, pick up your ball and score it as 6. Go to the next hole.
4. Out of Bounds- Replace ball where it went out. One stroke penalty.
5. Obstacles- If side rails or obstacles prevent putting, you may move the ball away one club head length.
6. The competitor who plays the stipulated round or rounds in the fewest strokes is the Winner.
- 7.

## 9 Ball

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**DATE:** Thursday, May 24, 2012

**TIME:** 1 pm

**LOCATION:** Diamond Billiards, 5890 S. Virginia St.

### WORLD STANDARDIZED RULES

#### RULES:

##### 1. OBJECT OF THE GAME

Nine-Ball is played with nine object balls numbered one through nine and a cue ball. On each shot, the first ball the cue ball contacts must be the lowest numbered ball on the table, but the balls need not be pocketed in order. If a player pockets any ball on a legal shot, he remains at the table for another shot, and continues until missing, committing a foul, or winning the game by pocketing the 9-ball. After a miss, the incoming player must shoot from the position left by the previous player, but after any foul the incoming player may start with the cue ball anywhere on the table. Players are not required to call any shot. A match ends when one of the players has won the required number of games.

##### 2. RACKING THE BALLS

The object balls are racked in a diamond shape, with the 1-ball at the top of the diamond and on the foot spot, the 9-ball in the center of the diamond, and the other balls in random order, racked as tightly as possible. The game begins with cue ball in hand behind the head string.

##### 3. ORDER OF BREAK

Winner of the lag has the option to break. In 9-Ball, the winner of each game breaks in the next, unless otherwise specified by the tournament organizer. The following are common options that may be designated by tournament officials in advance:

- (a) Players alternate break.
- (b) Loser breaks.
- (c) Player trailing in game count breaks the next game.

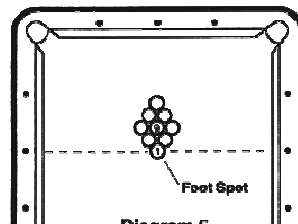
##### 4. LEGAL BREAK SHOT

The rules governing the break shot are the same as for other shots except:

- 1. The breaker must strike the 1-ball first and either pocket a ball or drive at least four numbered balls to the rail.
- 2. If the cue ball is pocketed or driven off the table, or the requirements of the opening break are not met, it is a foul, and the incoming player has cue ball in hand anywhere on the table.
- 3. If on the break shot, the breaker causes an object ball to jump off the table, it is a foul and the incoming player has cue ball in hand anywhere on the table. The object ball is not re-spotted (exception: if the object ball is the 9-ball, it is re-spotted).

##### 5. CONTINUING PLAY

break, the shooter may play a one or more balls on a legal fouls, or wins the game. If the an inning and shoots until game ends when the 9-ball is for a serious infraction of the



**Diagram 5**  
**Diamond Shaped Rack**  
1-Ball must be on the foot spot.  
9-Ball must be in the center of the rack.

On the shot immediately following a legal "push out." (See Rule 6) If the breaker pockets break, he continues to shoot until he misses, player misses or fouls, the other player begins missing, committing a foul, or winning. The pocketed on a legal shot, or the game is forfeited rules.

## **6. PUSH OUT**

The player who shoots the shot immediately after a legal break may play a push out in an attempt to move the cue ball into a better position for the option that follows. On a push out, the cue ball is not required to contact any object ball nor any rail, but all other foul rules still apply. The player must announce the intention of playing a push out before the shot, or the shot is considered to be a normal shot. Any ball pocketed on a push out does not count and remains pocketed except the 9-ball. Following a legal push out, the incoming player is permitted to shoot from that position or to pass the shot back to the player who pushed out. A push out is not considered to be a foul as long as no rule (except rules 5.8 and 5.9) is violated. An illegal push out is penalized according to the type of foul committed. After a player scratches on the break shot, the incoming player cannot play a push out.

## **7. FOULS**

When a player commits a foul, he must relinquish his run at the table and no balls pocketed on the foul shot are re-spotted (exception: if a pocketed ball is the 9-ball, it is re-spotted). The incoming player is awarded ball in hand; prior to his first shot he may place the cue ball anywhere on the table. If a player commits several fouls on one shot, they are counted as only one foul.

## **8. BAD HIT**

If the first object ball contacted by the cue ball is not the lowest numbered ball on table, the shot is foul.

## **9. NO RAIL**

If no object ball is pocketed, failure to drive the cue ball or any numbered ball to a rail after the cue ball contacts the object ball on is a foul.

## **10. IN HAND**

When the cue ball is in hand, the player may place the cue ball anywhere on the bed of the table, except in contact with an object ball. The player may continue to adjust the position of the cue ball until shooting.

## **11. OBJECT BALLS JUMPED OFF THE TABLE**

An un-pocketed ball is considered to be driven off the table if it comes to rest other than on the bed of the table. It is a foul to drive an object ball off the table. The jumped object ball(s) is not re-spotted (exception: if the object ball is the 9-ball, it is re-spotted) and play continues.

## **12. JUMP AND MASSÉ SHOT FOUL**

If a match is not refereed, it will be considered a cue ball foul if during an attempt to jump, curve or massé the cue ball over or around an impeding numbered ball, the impeding ball moves (regardless of whether it was moved by a hand, cue stick follow-through or bridge).

## **13. THREE CONSECUTIVE FOULS**

If a player fouls three consecutive times on three successive shots without making an intervening legal shot, the game is lost. The three fouls must occur in one game. The warning must be given between the second and third fouls. A player's inning begins when it is legal to take a shot and ends at the end of a shot on which he misses, fouls or wins, or when he fouls between shots.

## **14. STALEMATE**

If the referee decides that neither player is attempting to win from the current position, he will announce his decision, and each player will have three more turns at the table. Then, if the referee still feels that there is no progress towards a conclusion, he will declare the rack a stalemate and the original breaker of the rack will break again.

## **15. END OF GAME**

On the opening break, the game is considered to have commenced once the cue ball has been struck by the cue tip. The 1-ball must be legally contacted on the break shot. The game ends at the end of a legal shot which pockets the 9-ball, or when a player forfeits the game as the result of a foul.

# Pickleball

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**DATE:** Thursday, May 17, 2012

**TIME:** 9 am

**LOCATION:** Neil Road Recreation Center, 3925 Neil Road, Reno

## **TEAM STRUCTURE:**

Because of time and court space each group will be limited to 6 teams of 2 players.

It will be run as a round robin tournament. Each team will play one game against every other team.

The team with the highest total score will win. Second highest total score will win second place, etc.

The first group will be women's doubles. Each team will consist of 2 female players. Team members will be decided the day of the tournament by a blind draw.

The second group will be mixed doubles. Each team will have one male and one female player. There will be a total of 6 teams. That will give this division a total of 12 players, 6 men and 6 women. This division will also be run in a round robin format. Teams will be a blind draw. Teams will be decided the day of the tournament. Players will be assigned numbers. These numbers will be placed in a hat and drawn and paired. This will prevent 2 of the better players teaming up and dominating the tournament.

## **RULES:**

"Serve must be hit underhand and each team must play their first shot off the bounce.

After the ball has bounced once on each side, then both teams can either volley the ball in the air or play it off the bounce. This is called the "double bounce rule" because the ball must hit twice (once on each side) before it can be volleyed. This eliminates the serve and volley advantage and prolongs the rallies. To volley a ball means to hit it in the air without first letting it bounce.

The non-volley zone is the 7-foot zone on both sides of the net. No volleying is permitted within the non-volley zone. This rule prevents players from executing smashes from a position within the zone. When volleying the ball, the player may not step on or over the line. It is a fault if the player's momentum causes the player or anything the player is wearing or carrying to touch the non-volley zone. It is a fault even if the ball is declared dead before the player touches the zone. A player may be in the non-volley zone at any other time. The non-volley zone is sometimes referred to as the kitchen.

Both players on the serving team are allowed to serve, and a team shall score points only when serving. A game is played to eleven points and a team must win by two points. Rallies are lost by failing to return the ball in bounds to the opponent's court before the second bounce, stepping into the non-volley zone and volleying the ball, or by violating the double-bounce rule. The hand is considered an extension of the paddle. The player loses the rally if the ball hits any other part of his body or clothing.

The server must keep both feet behind the baseline during the serve with at least one foot on the court surface at the time the ball is struck.. The serve is made underhand. The paddle must contact the ball below the waist. The serve is made diagonally cross court and must clear the non-volley zone. The non-volley line is a short line for the serve (the serve is a fault if it hits the line). All other lines are good at all times. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve, and lands on the proper service court). Let serves are replayed. At the start of each new game, only one player on the first serving team is permitted to serve and fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team. When the receiving team wins the serve, the player in the right hand court will always serve first.

When the serving team wins a point, the server moves to the other side of the serving team's court. Note that if the serve rotation is done properly, the serving team's score will always be even when the player that started the game on the right side is on the right side and odd when that player is on the left side.

" USAPA Official Tournament Rule Book will be followed."

## Speed Golf

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**DATE:** Wednesday, May 9, 2012

**TIME:** 9 am

**LOCATION:** Somerset Country Club, 2019 Championship Trail

### **RULES:**

1. Total score is determined by adding 9 hole golf score together with total time taken to complete round. Competitors in speed golf run between shots. For example, a golf score of 82 and a running time of 53 minutes would be a total score of 135.
2. **U.S.G.A. Rules of Golf apply with the following modifications:** Competitors may leave the flagstick in the cup when holing out.
3. Each competitor is solely responsible for the transportation of their clubs throughout the round. No power carts, pull carts, or caddies may be used. Four to six clubs in a junior style or "Sunday" bag are recommended.
4. If a competitor loses a ball during play, a ball shall be dropped as close as possible to the spot it most likely disappeared. The penalty for a lost ball is one shot.
5. Course Care: Repairing of ballmarks, replacing of divots, and raking of bunkers are the responsibility of the competitor. Failure to rake a bunker results in a penalty of two shots.
6. Playing Through: Occasionally, a competitor will need to play through a slower competitor ahead of them. The competitor who is passing has the right of way. A simple "fore" by the passing player lets the competitor ahead know that he/she must halt play momentarily while the faster competitor plays through.

## Spring, Swing, Fling Social

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**DATE:** Sunday, May 6, 2012

**TIME:** 2 pm

**LOCATION:** Neil Road Recreation Center, 3925 Neil Road

This annual event is the culmination of a years worth of work by Lifescapes members with the book launch of the Lifescapes Anthology. Dance to live Big Band music. This year's theme is Night at the Opera. Cookies and Ice Cream Sundaes served courtesy of Model Dairy. Raffle prizes and lots of fun!

## Swimming

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**DATE:** Tuesday, May 8 and May 15, 2012

**TIME:** 10 am

**LOCATION:** Evelyn Mount Northeast Community Center, 1301 Valley Rd

**NOTE:** Swimming Events will be split into two day to accommodate the participants and will be announced prior to scheduled day.

**EVENTS:** 50 Freestyle, 100 Freestyle, 200 Freestyle Relay, 50 Breast, 100 Breast, 50 Back, 100 Back, 50 Butterfly, 100 Individual Relay.

## RULES

1. This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write or call:

United States Masters Swimming, Inc.  
P. O. Box 185  
Londonderry, NH 03053-0185  
(800) 550-7946  
[www.usms.org](http://www.usms.org)

2. The major points of the rules include:

- a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.
- b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
- c) Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
- d) Breaststroke: The appropriate stroke is required.
- e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly
- f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
- g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.
- h) General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

## Table Tennis

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**DATE:** Saturday May 12, 2012

**TIME:** 12:30 pm

**LOCATION:** South Reno Athletic Club-9393 Gateway Drive, Reno

### RULES:

A complete set of rules is available at the USATT website [www.usatt.org](http://www.usatt.org).

- 1. A **game** consists of 11 points (not 21). A **match** consists of the best of 5 games (3 games of 5 won).
- 2. In a game one person serves twice then the opponent serves twice, alternating such until one player gets 11 points and wins the game. If the games is tied (each player has 10 points) the serve alternates each point until one player wins by two points.
- 3. On a serve, if the ball hits the net while going over, it is called a **LET** and is served again. Either player can call a **LET** ball.
- 4. To execute a proper serve, the ball must be thrown straight up at least 6" before one may strike the ball. The served ball may not be hidden from the opponent at any time during the serve.
- 5. A player may **not** touch the table with his hands or any part of his body. If so, a foul is called and the opponent receives a point.
- 6. Coaching may occur only between games or matches.
- 7. Rubber soled or tennis shoes are required. White or orange shirts are not acceptable as they may camouflage the ball.
- 8. One never strikes the table with one's racket.

# Track & Field

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**DATE:** Sunday, April 20, 2012

**TIME:** 10 am

**LOCATION:** Bishop Manogue High School, 110 Bishop Manogue Dr

## SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call:

USA Track & Field  
One RCA Dome Suite 140  
Indianapolis, IN 46225  
(317) 261-0478  
[www.usatf.org](http://www.usatf.org)

2. Following are the weights of the various implements (subject to change) to be used for each gender and age division:

Age Division	Discus	Shotput
M50-54	1.5kg	6kg
M55-59	1.5kg	6kg
M60-64	1.0kg	5kg
M65-69	1.0kg	5kg
M70-74	1.0kg	4kg
M75-79	1.0kg	4kg
M80+	1.0kg	4kg
W50-54	1.0kg	3kg
W55-59	1.0kg	3kg
W60+	1.0kg	3kg

**Please note: Spikes or cleats may be used by Senior Games competitors, but times will not be eligible for Corporate Challenge recognition.**

## EVENTS:

50 meter sprint: Starting blocks will not be used.  
100 meter sprint: Starting blocks will not be used.  
200 meter sprint: Starting blocks will not be used.  
400 meter run: Once around the track.  
800 meter run: Two laps of the track.

Long Jump: Each participant will have two attempts in this event. Only longest jump will be recorded. Ties will remain ties.

Standing Broad: Each participant will have two attempts in this event. Only longest jump will be recorded. Ties will remain ties.

Discus: See chart above for age and weight category. Each participant will be allowed two puts. Only longest put will be recorded. Ties will remain ties.

Javelin: Same as above.

Shot Put: Same as above.

Softball Throw: This event will measure distance. Participants will be allowed two throws. A center line will be measured for the distance of the throw. Softballs will be provided. Only longest throw will be recorded. Ties will remain ties.



## Walk Race 2mi/4mi

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**DATE:** Thursday, May 3, 2012

**TIME:** 8:30 am

**LOCATION:** Teglia's Paradise Park Activity Center

### **RULES:**

“Race walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until in the vertical position.”

Translated, this means that contact must be maintained at all times (the difference between walking and running). The supporting leg must be straight at the knee from the moment of foot contact with the ground, until it passes under the body (i.e. the leg must be straight). When walking or strolling, the leg normally bends at the knee.

1. Check-in by 8:30 am and pick-up race bib. Race will begin at 9:00.
2. Race is timed and time is recorded when participant reached the finish line.
3. If participant has signed up for the 2 mile and 4 mile race, they will receive a race bib for each race. When they have completed the 2 mile they will give their tag to the event volunteer and continue on for the 4 mile race.
1. Time for the 2 and 4 mile will be recorded and medals will be given accordingly.
2. Participants must use proper Race Walking techniques or risk disqualification.
3. Jogging is grounds for disqualification.

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